

August 25, 2009



August 30 Chicago Triathlon Next Stop for Athletes Competing in 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

- Matt Reed (USA) and Andy Potts (USA) to Battle for Series Lead In Men's Pro Field
- Becky Lavelle (USA) and Rebecca Wassner (USA) Look To Break Tie In the Women's Series Standings

Life Time Fitness, Inc. (NYSE:LTM):

WHAT: Chicago Triathlon - Third event of five in 2009 Life Time Fitness Triathlon Series Race to the Toyota Cup

WHERE: Swim Start: Chicago's Downtown Lakefront, Monroe Street Harbor off of Lake Shore Drive

WHEN: Sunday, August 30, 2009 - 6:00 A.M. (CDT)

WHY: Current leaders in the Series, Matt Reed (USA) and Andy Potts (USA), in the Men's Professional Division, and Becky Lavelle (USA) and Rebecca Wassner (USA) in the Women's Professional Division, will battle for the overall Series lead in Chicago on Sunday. Reed and Potts enter the event in a three-way tie with Australian Greg Bennett for the Series lead. Bennett will not compete on Sunday following a bike accident on a July training ride. Lavelle and Wassner are tied at the top of the standings with Americans, Margaret Shapiro and Sarah Haskins, within striking distance.

The Professional field will battle for the event's \$67,000 purse with the winner in both the Female and Male divisions taking home \$10,000 each. In addition to the cash prizes, the winners also will earn 10,000 points in the Life Time Fitness Triathlon Series Race to the Toyota Cup.

Life Time Fitness Triathlon Series

The Life Time Fitness Triathlon Series was launched in 2006 and created the first-ever connection among four of the most prominent triathlon events in the United States. The Life Time Fitness Triathlon (lftfriathlon.com), held in Minneapolis, is produced by Life Time Fitness, Inc. The Chicago Triathlon (chicagotriathlon.com) is produced by Creative & Production Resources, Inc. The Kaiser Permanente Los Angeles Triathlon (LATriathlon.com) is produced by Pacific Sports LLC. The Nautica New York City Triathlon (nyctri.com) is produced by Korff Enterprises. In 2007, the Life Time Fitness Triathlon Series was expanded

to include a Championship event, the Toyota U.S. Open Triathlon Dallas. In 2008, the Series announced the Race to the Toyota Cup to award the top female and male triathletes in each of three separate divisions: Professional, Elite Amateur and Age Group at the Toyota U.S. Open Triathlon in Dallas. In total, the 2009 Life Time Fitness Triathlon Series offers \$390,000 in cash prizes for the Professional Division.

2009 Life Time Fitness Triathlon Series Event Timeline

- Life Time Fitness Triathlon (Minneapolis) - July 11
- Nautica New York City Triathlon - July 26
- Chicago Triathlon - August 30
- Kaiser Permanente Los Angeles Triathlon - October 4
- Toyota U.S. Open Triathlon (Dallas) Championship Event - October 11

2009 LIFE TIME FITNESS TRIATHLON SERIES

RACE TO THE TOYOTA CUP POINTS STANDINGS

MEN

Pro Triathlete	2009 Triathlon Series Points
1. Matt Reed (USA)	18,000
2. Andy Potts (USA)	18,000
3. Greg Bennett (AUS)	18,000
4. Paul Matthews (AUS)	7,000
5. Andrew Yoder (USA)	7,000

WOMEN

Pro Triathlete	2009 Triathlon Series Points
1. Becky Lavelle (USA)	17,000
2. Rebecca Wassner (USA)	17,000
3. Margaret Shapiro (USA)	12,000
4. Sarah Haskins (USA)	10,000
5. Julie Dibens (GBR)	9,000

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The Company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events and nutritional products. As of August 25, 2009, Life Time

Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at lifetimefitness.com. LIFE TIME FITNESS, LIFE TIME ATHLETIC, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

Source: Life Time Fitness, Inc.